

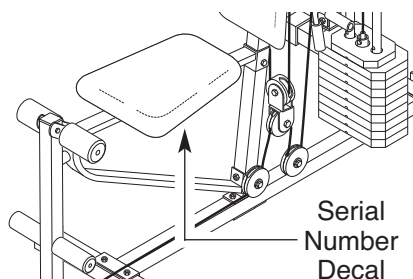


WEIDER[®] **x2**

Model No. WEEMSY70080

Serial No. _____

Write the serial number in the space above for future reference.



Serial
Number
Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts or damaged parts, please call:

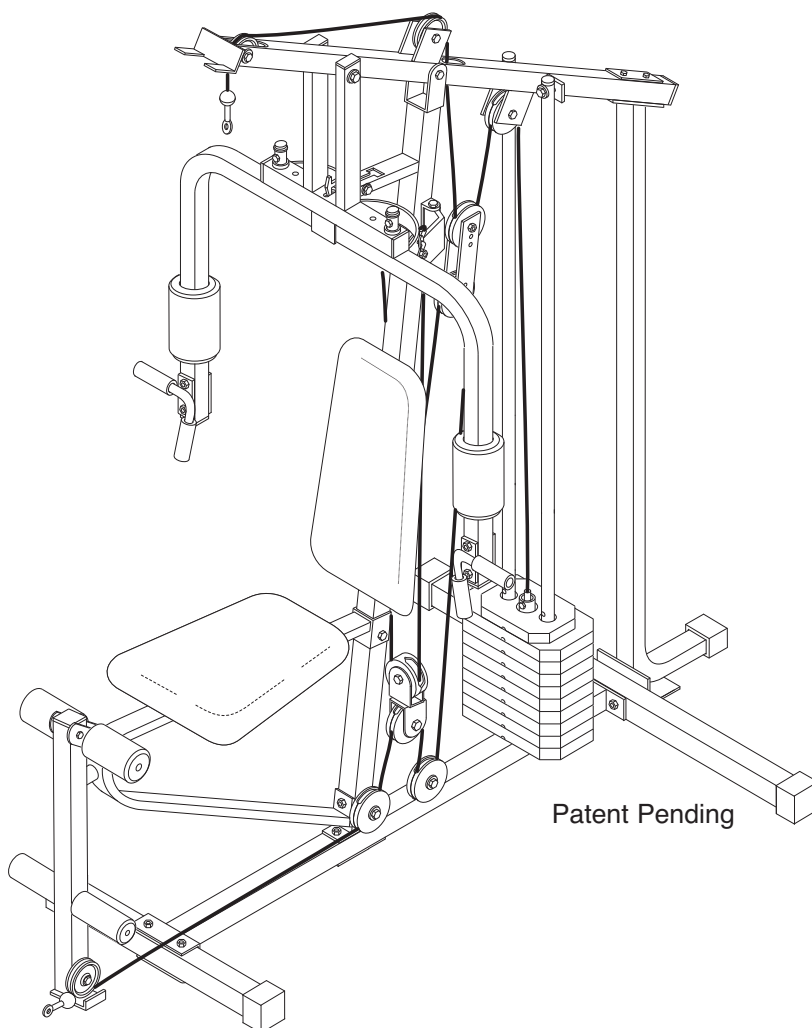
08457-089009

Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds LS118JG
UK
email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Visit our website at

www.weiderfitness.com



Table of Contents

Important Precautions	3
Before You Begin	4
Assembly	5
Cable Diagram	16
Adjustment	17
Weight Resistance Chart	18
Maintenance and Trouble-shooting	19
Part Identification Chart	End of Manual
Part List	End of Manual
Exploded Drawing	End of Manual
How to Order Replacement Parts	Back Cover

Important Precautions

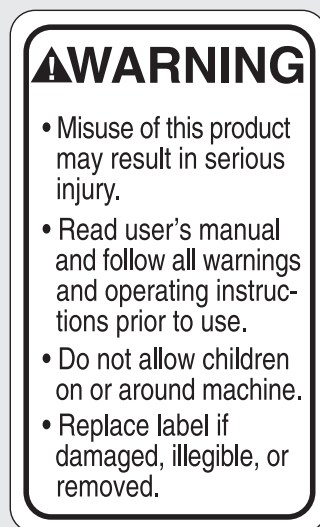
⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the training system.

1. It is the responsibility of the owner to ensure that all users of the training system are adequately informed of all precautions.
2. Read all instructions in this manual and in the accompanying literature before using the training system.
3. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
4. Use the training system only on a level surface. Cover the floor or carpet beneath the training system for protection.
5. Inspect and tighten all parts often. Replace any worn parts immediately.
6. The training system is designed to be used by only one person at a time.
7. Keep children under the age of 12 and pets away from the training system at all times.
8. Keep hands and feet away from moving parts.
9. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure the cables are on all of the pulleys.
10. Always wear athletic shoes for foot protection when using the training system.
11. Never release the press arm, leg lever, lat bar, row bar, or ankle strap while weights are raised. The weights will fall with great force.
12. Always disconnect the lat bar or row bar from the training system when performing an exercise that does not use them. Do not leave the lat bar or row bar on the high pulley station. Store them in a safe place.
13. The training system is intended for home use only. Do not use the training system in a commercial, rental, or institutional setting.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

The warning decals shown at the right have been placed on the training system in the locations shown on page 4. Familiarise yourself with the decals before using the training system. If a decal is missing or illegible, call our Customer Service Department and order a free replacement decal (see the front cover of this manual). Attach the replacement decal in the location shown on page 4.

Warning decal #1



Warning decal #2



Warning decal #3



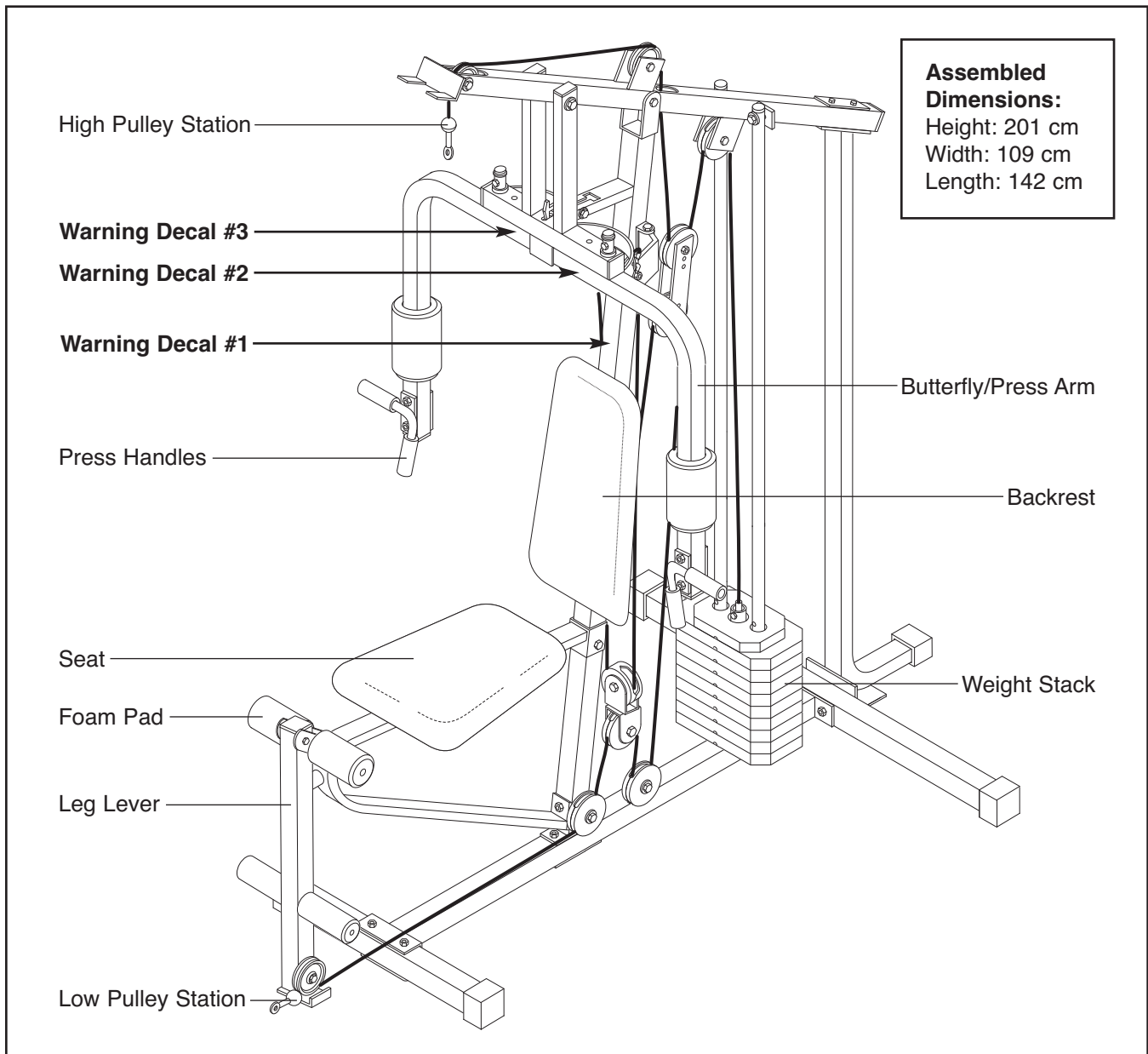
Before You Begin

Thank you for selecting the versatile WEIDER® X2 Training System. The WEIDER® X2 offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER® X2 will help you to achieve the results you want.

For your benefit, read this manual carefully before using the WEIDER® X2. If you have additional questions, please call our Customer Service Department

toll-free at 08457-089009. To help us assist you, please note the product model number and serial number before calling. The model number is WEEM-SY70080. The serial number can be found on a decal attached to the WEIDER® X2 (see the front cover of this manual).

Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.



Assembly

Make Assembly Easier for Yourself!

Everything in this manual is designed to ensure that the training system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page; this brief introduction will save you much more time than it takes to read it!**

Assembly Requires Two Persons

For your convenience and safety, assemble the training system with the help of another person.

Set Aside Enough Time

Due to the many features of the training system, the assembly process will require about three hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the training system over a couple of evenings.

Select a Location for the Training System

Because of its weight and size, the training system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the training system as you assemble it.

How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the training system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Make sure you have the following tools:

- Two (2) adjustable spanners 
- One (1) standard screwdriver 
- One (1) phillips screwdriver 
- One (1) rubber mallet 
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

How to Identify Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART in the centre of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

How to Orient Parts

As you assemble the training system, make sure that all parts are oriented exactly as shown in the drawings.

Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

Questions?

If you have questions after reading the assembly instructions, please call our Customer Service Department at **08457-089009**.

The Four Stages of the Assembly Process

Frame Assembly—You will begin by assembling the base and the uprights that form the skeleton of the home gym.

Arm Assembly—During this stage you will assemble the arms and the leg lever.

Cable Assembly—During this stage you will attach the cables and pulleys that connect the arms to the weights.

Miscellaneous Assembly—During the final stage you will assemble the seat and the backrest.

Frame Assembly

1.

Before you begin this step, make sure that you have read all of the information on page 5. This introduction will save you much more time than it takes to read it!

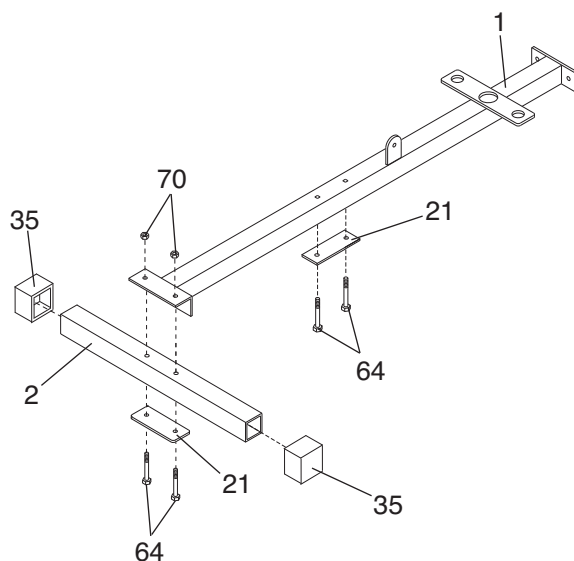
Open the parts bag labelled "FRAME ASSEMBLY."

Press a 50mm Square Cover Cap (35) onto each end of the Front Stabiliser (2).

Attach the Front Stabiliser (2) to the Base (1) with two M8 x 70mm Carriage Bolts (64), a 50mm x 102mm Support Plate (21), and two M8 Nylon Locknuts (70).

Insert two M8 x 70mm Carriage Bolts (64) through a 50mm x 102mm Support Plate (21) and then through the indicated holes in the Base (1). Place the Base on the floor.

1



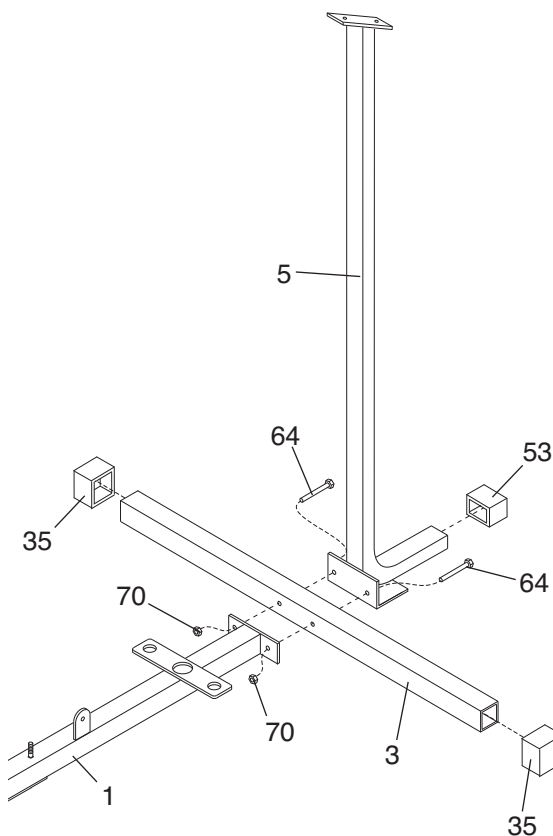
2. Press a 50mm Square Cover Cap (35) onto each end of the Rear Stabiliser (3).

Place the Rear Stabiliser (3) on the floor and line up the holes in the Rear Stabiliser with the holes in the bracket on the Base (1).

Press the 25mm x 50mm Cover Cap (53) onto the indicated end of the Rear Upright (5).

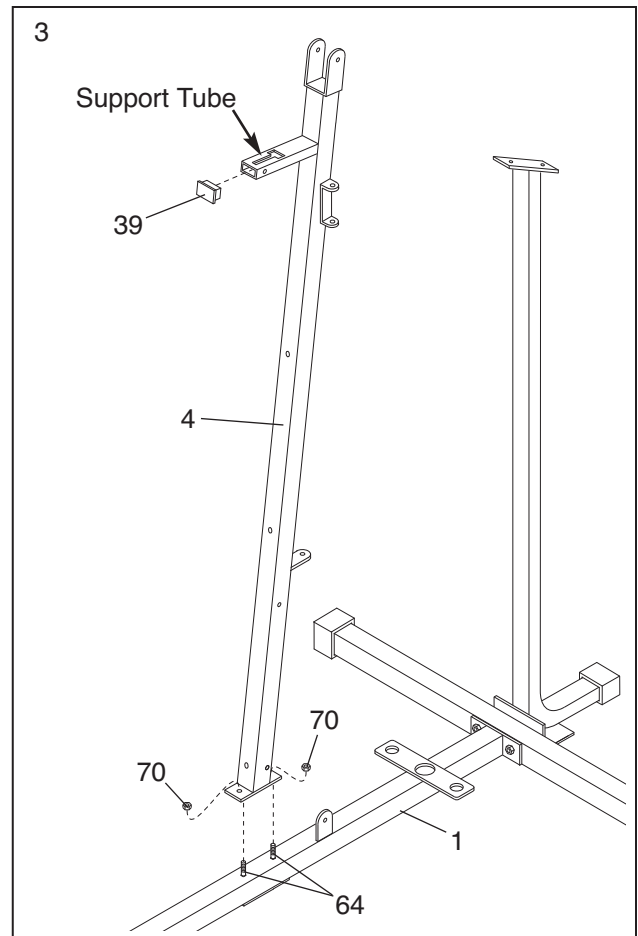
Attach the Rear Stabiliser (3) and the Rear Upright (5) to the Base (1) with two M8 x 70mm Carriage Bolts (64) and two M8 Nylon Locknuts (70).

2



3. Press a 25mm x 50mm Inner Cap (39) into the support tube on the Front Upright (4).

Slide the Front Upright (4) onto the M8 x 70mm Carriage Bolts (64) in the Base (1). Thread an M8 Nylon Locknut (70) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**



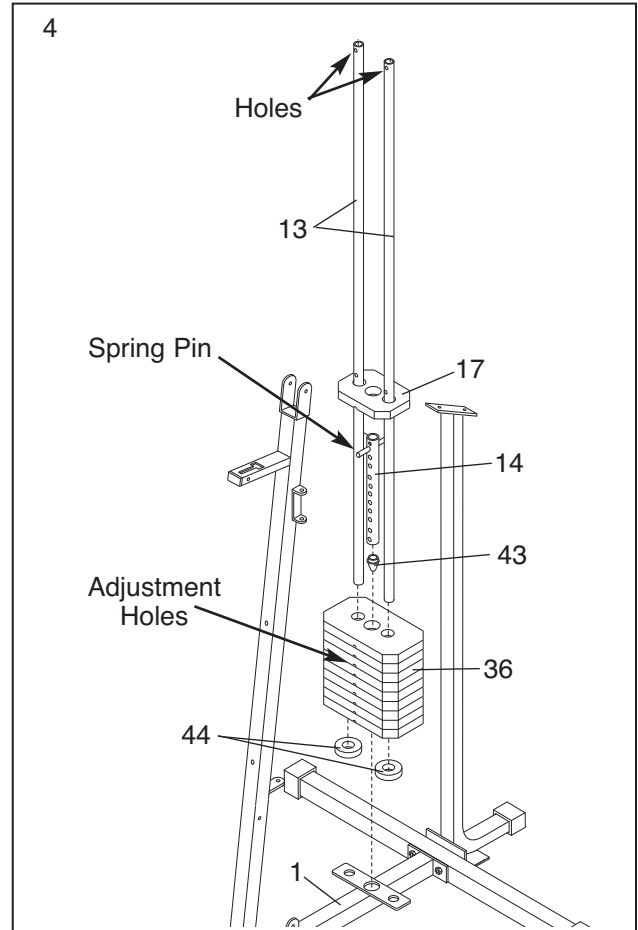
4. Place the Weight Bumpers (44) over the outer holes in the bracket on the Base (1). **Make sure that the flat sides of the Weight Bumpers are facing the floor.**

Insert the Weight Guides (13) into the holes in the bracket on the Base (1). **Make sure that the Weight Guides are turned so the indicated holes are at the top.**

Slide the nine Weight Plates (36) onto the Weight Guides (13). **Make sure that the Weight Plates are turned correctly—the large grooves in the Weight Plates must be facing the floor and the adjustment holes must be on the side shown.**

Press the Adjustment Tube Cap (43) into the lower end of the Adjustment Tube (14). Insert the Adjustment Tube into the stack of Weight Plates (36).

Slide the Top Weight (17) onto the Weight Guides (13). **Make sure that the groove in one side of the Top Weight is facing the floor and that it fits over the spring pins on the Adjustment Tube (14).**



5. Press a 50mm Square Inner Cap (37) into the end of the Top Frame (6). Hold the Top Frame on the Rear Upright (5) and the Front Upright (4). **Make sure that the Weight Guides (13) are in front of the indicated brackets on the Top Frame.**

Attach the Top Frame (6) to the Front Upright (4) with an M10 x 70mm Bolt (57) and an M10 Nylon Locknut (60).

Attach the Top Frame (6) to the Rear Upright (5) with two M8 x 70mm Carriage Bolts (64), a 50mm x 102mm Support Plate (21), and two M8 Nylon Locknuts (70).

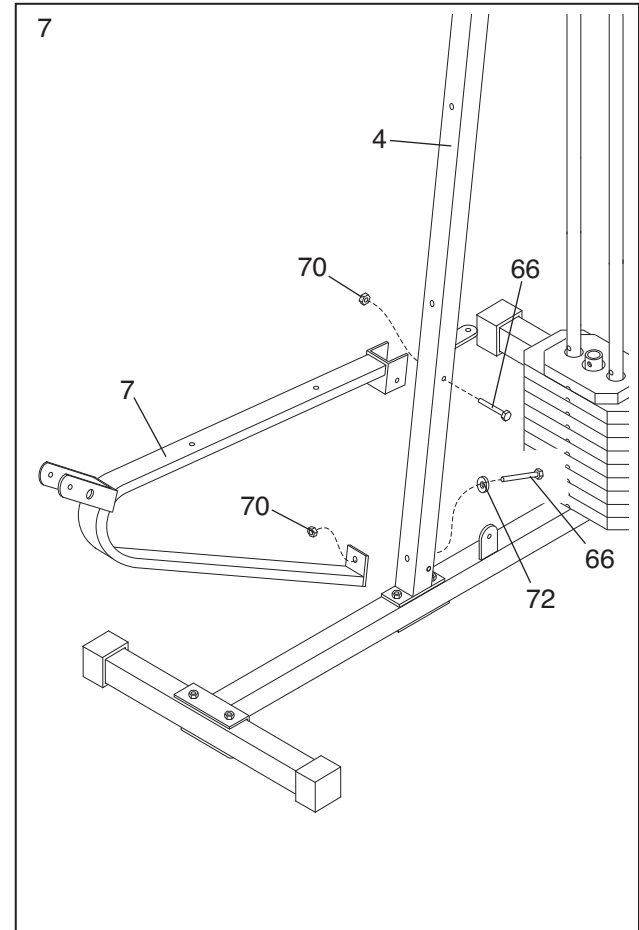
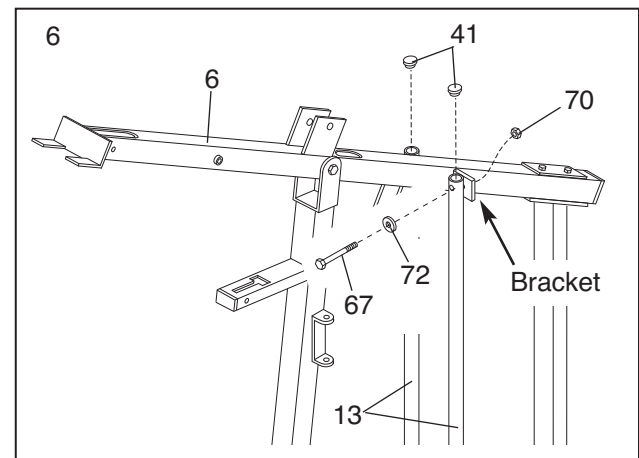
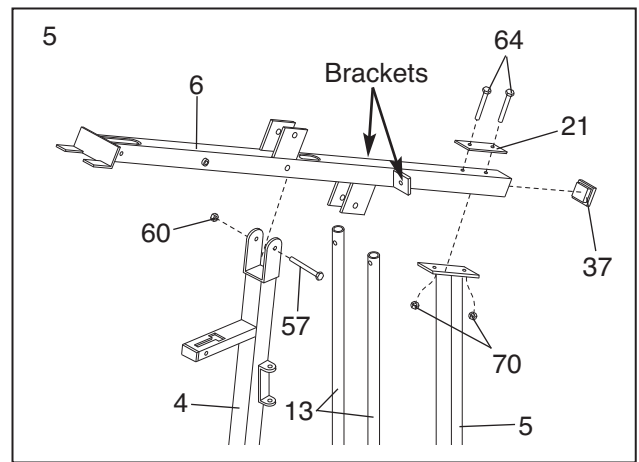
Fully tighten all Nylon Locknuts used in steps 2 and 3.

6. Attach one Weight Guide (13) to the indicated bracket on the Top Frame (6) with an M8 x 38mm Bolt (67), an M8 Flat Washer (72), and an M8 Nylon Locknut (70). Attach the other Weight Guide to the Top Frame in the same manner.

Press a 25mm Round Inner Cap (41) into the top of each Weight Guide (13).

7. Align the upper bracket on the Seat Frame (7) with the indicated hole in the Front Upright (4). Attach the Seat Frame with an M8 x 65mm Bolt (66) and an M8 Nylon Locknut (70).

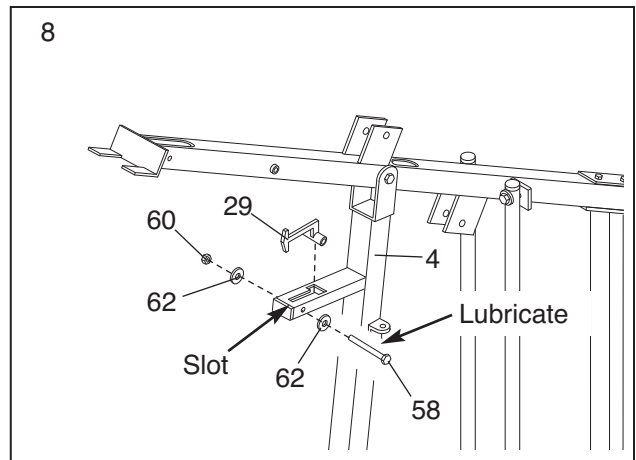
Attach the lower bracket on the Seat Frame (7) to the Front Upright (4) with an M8 x 65mm Bolt (66), an M8 Flat Washer (72), and an M8 Nylon Locknut (70).



Arm Assembly

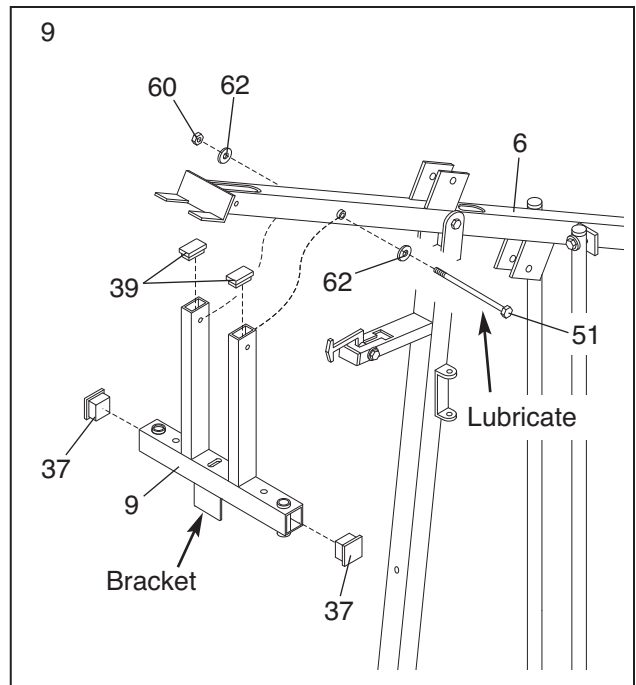
8. Open the parts bag labelled "ARM ASSEMBLY."

Insert the indicated end of the Locking Plate (29) into the slot in the support tube on the Front Upright (4). Lubricate an M10 x 65mm Bolt (58). Attach the Locking Plate to the indicated hole in the support tube with the Bolt, two M10 Flat Washers (62), and an M10 Nylon Locknut (60).



9. Press two 50mm Square Inner Caps (37) into the Butterfly/Press Frame (9) as shown. Next, press two 25mm x 50mm Inner Caps (39) into the Butterfly/Press Frame (9).

Lubricate an M10 x 125mm Bolt (51). Attach the Butterfly/Press Frame (9) to the indicated holes in the Top Frame (6) with the Bolt, two 10mm Flat Washers (62), and an M10 Nylon Locknut (60). **Make sure that the indicated bracket is on the side shown. Do not overtighten the Nylon Locknut; the Butterfly/Press Frame must pivot easily.**

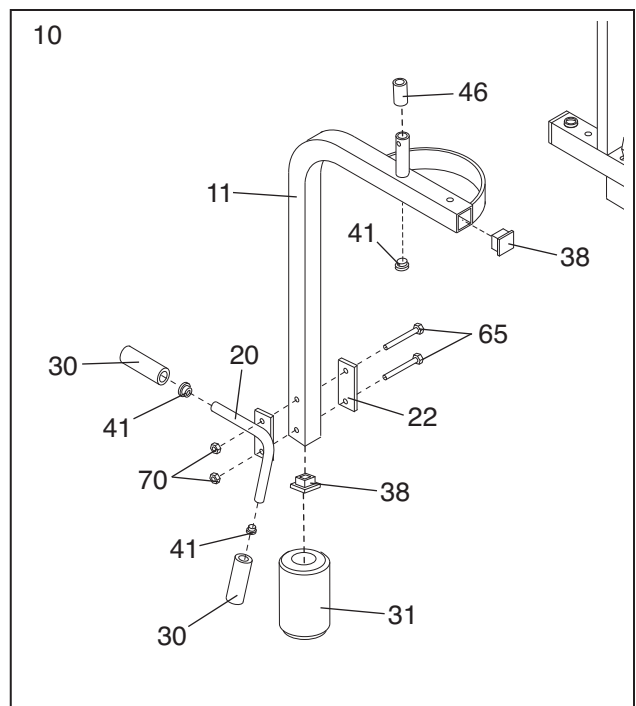


10. Press a 45mm Square Inner Cap (38) into each end of the Right Arm (11). Wet the lower end of the Right Arm with soapy water and slide a Short Foam Pad (31) onto the Right Arm.

Press a 25mm Round Inner Cap (41) into the indicated hole in the Right Arm (11). Press a 2 3/4" Plastic Sleeve (46) onto the round tube on the Right Arm.

Attach the Right Press Handle (20) to the Right Arm (11) with two M8 x 60mm Carriage Bolts (65), a 38mm x 102mm Support Plate (22), and two M8 Nylon Locknuts (70).

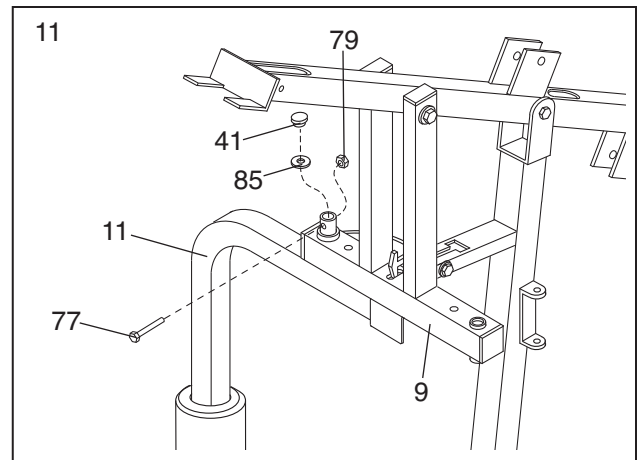
Press a 25mm Round Inner Cap (41) into each end of the Right Press Handle (20). Slide a 130mm Handgrip (30) onto each end of the Right Press Handle.



11. Insert the round tube on the Right Arm (11) into the indicated hole in the Butterfly/Press Frame (9). While a second person holds the Right Arm, place a 25mm Washer (85) over the tube on the Right Arm. Attach the Right Arm with an M6 x 35mm Screw (77) and an M6 Nylon Locknut (79).

Press a 25mm Round Inner Cap (41) into the tube on the Right Arm (11).

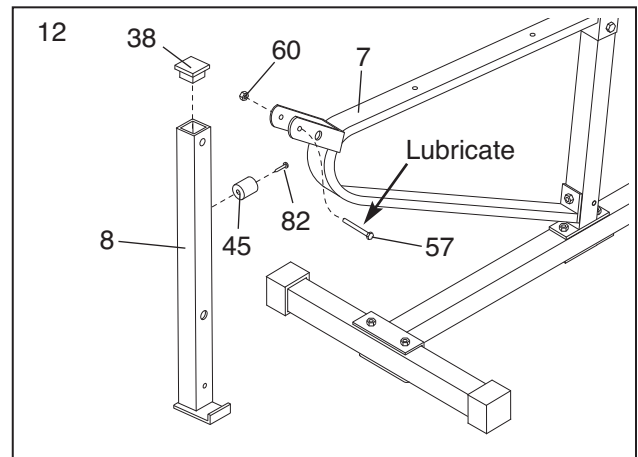
Attach the Left Arm (10, not shown) to the Butterfly/Press Frame (9) as described in steps 10 and 11.



12. Press a 45mm Square inner Cap (38) into the top of the Leg Lever (8).

Attach the Bumper (45) to the indicated hole in the Leg Lever (8) with an ST5 x 15mm Screw (82).

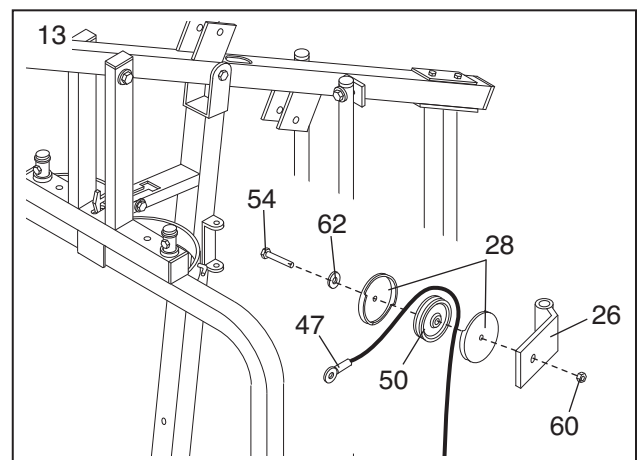
Lubricate an M10 x 70mm Bolt (57). Attach the Leg Lever (8) to the bracket on the Seat Frame (7) with the Bolt and an M10 Nylon Locknut (60). **Do not overtighten the Nylon Locknut; the Leg Lever must pivot easily.**



Cable Assembly

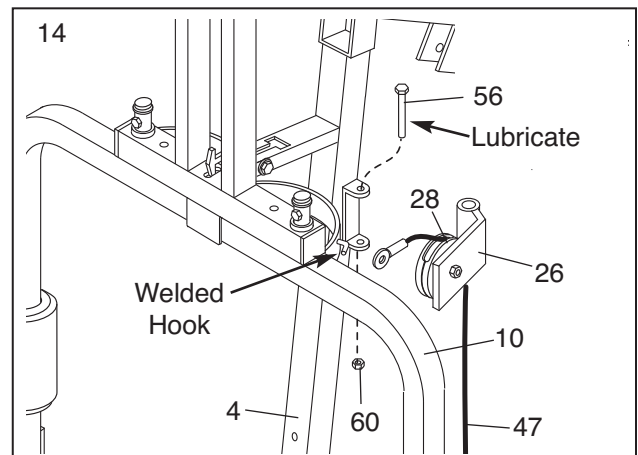
13. **Open the parts bag labelled “CABLE ASSEMBLY.” Refer to the Cable Diagram on page 16 as you assemble the Cables.**

Identify the Butterfly Cable (47). It has a loop on each end and it is about 271cm long. Wrap the Butterfly Cable around a 90mm Pulley (50) in the direction shown. Attach the Pulley and two Pulley Covers (28) to a Butterfly Pulley Bracket (26) with an M10 x 50mm Bolt (54), an M10 Flat Washer (62), and an M10 Nylon Locknut (60). **Make sure that the Pulley Bracket is turned exactly as shown.**



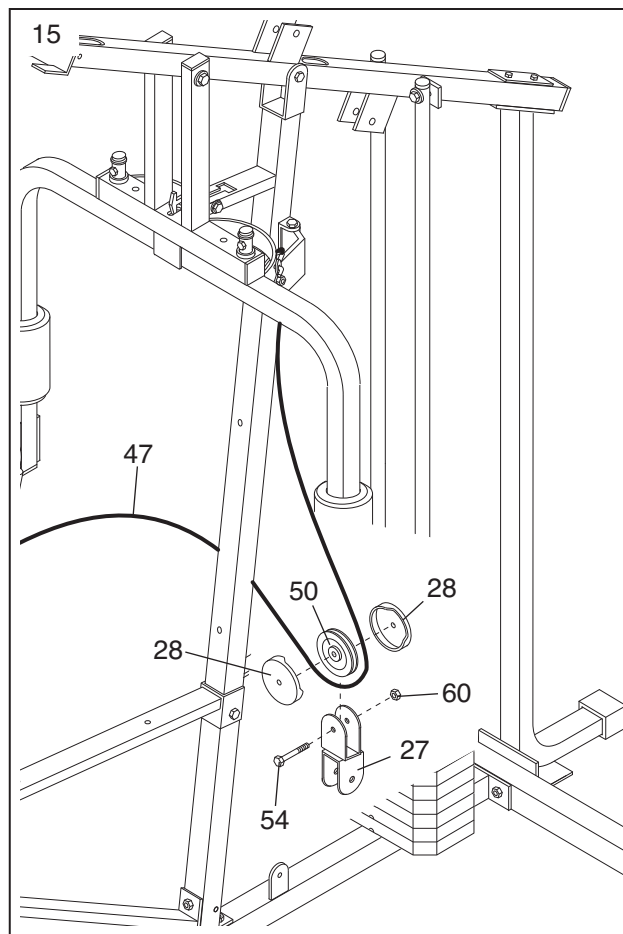
14. Lubricate an M10 x 80mm Bolt (56). Attach the Butterfly Pulley Bracket (26) to the indicated bracket on the Front Upright (4) with the Bolt and an M10 Nylon Locknut (60). **Make sure that the larger label on the Pulley Covers (28) is facing forward.**

Slide the loop on the end of the Butterfly Cable (47) onto the welded hook on the semi-circular bracket behind the Left Arm (10).



15. Wrap the Butterfly Cable (47) around a 90mm Pulley (50) in the direction shown. Attach the Pulley and two Pulley Covers (28) to the Pulley Frame (27) with an M10 x 50mm Bolt (54) and an M10 Nylon Locknut (60). **Make sure that the small label on the Pulley Covers is facing upward.**

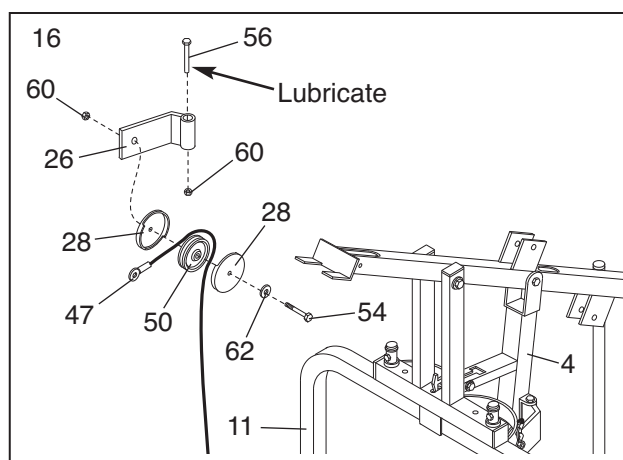
Important: Make sure that the Pulley Frame (27) is oriented exactly as shown.



16. Wrap the Butterfly Cable (47) around a 90mm Pulley (50) in the direction shown. Attach the Pulley and two Pulley Covers (28) to a Butterfly Pulley Bracket (26) with an M10 x 50mm Bolt (54), an M10 Flat Washer (62), and an M10 Nylon Locknut (60). **Make sure that the Pulley Bracket is oriented exactly as shown.**

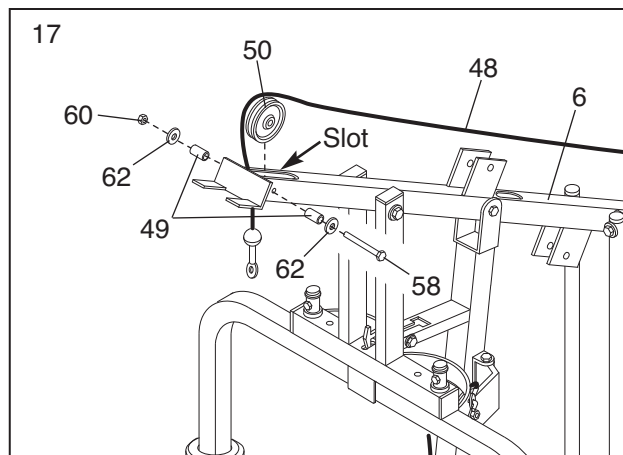
Lubricate an M10 x 80mm Bolt (56). Attach the Butterfly Pulley Bracket (26) to the bracket (not shown) on the Front Upright (4) with the Bolt and an M10 Nylon Locknut.

Slide the loop on the end of the Butterfly Cable (47) onto the welded hook (not shown) on the semi-circular bracket behind the Right Arm (11).

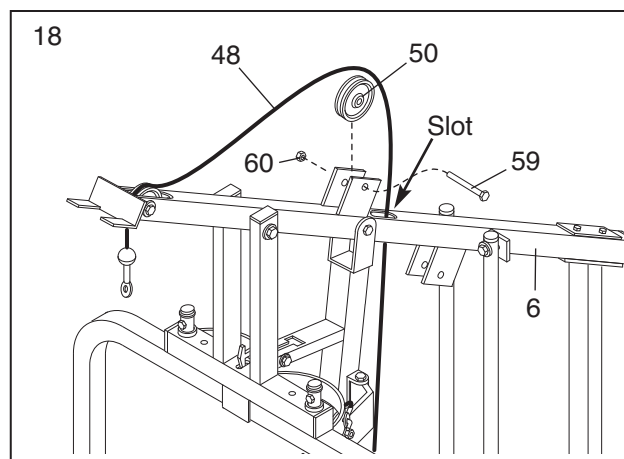


17. Identify the High Cable (48). It is about 236cm long and it has a loop on one end and a ball on the other. Route the end of the High Cable with the loop up through the indicated slot in the Top Frame (6) from below.

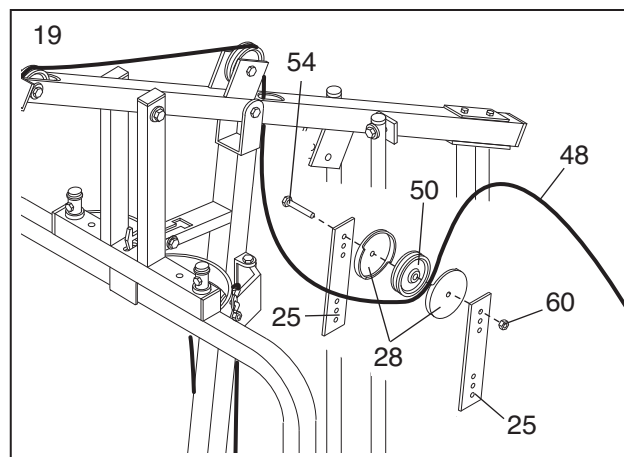
Wrap the High Cable (48) around a 90mm Pulley (50) in the direction shown. Attach the Pulley inside the slot in the Top Frame (6) with an M10 x 65mm Bolt (58), two M10 Flat Washers (62), two Long Metal Spacers (49), and an M10 Nylon Locknut (60).



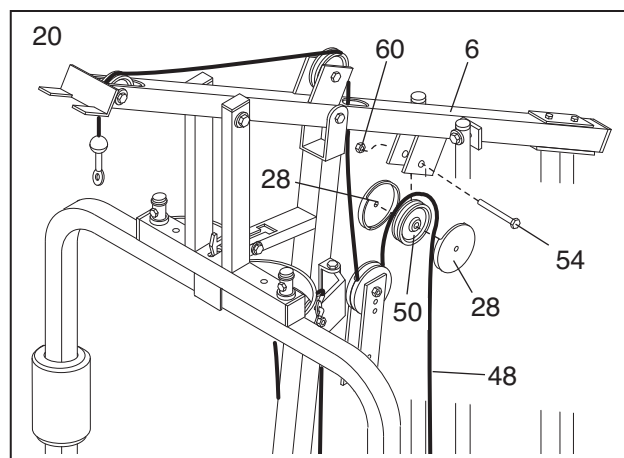
18. Route the end of the High Cable (48) with the loop down through the indicated slot in the Top Frame (6). Wrap the High Cable around a 90mm Pulley (50) in the direction shown. Attach the Pulley inside the welded bracket on the Top Frame (6) with an M10 x 45mm Bolt (59) and an M10 Nylon Locknut (60).



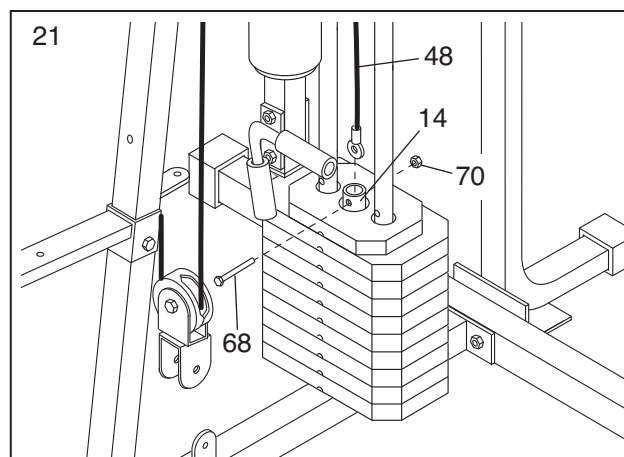
19. Wrap the High Cable (48) around a 90mm Pulley (50) in the direction shown. Attach the Pulley and two Pulley Covers (28) to the indicated holes in the Pulley Plates (25) with an M10 x 50mm Bolt (54) and an M10 Nylon Locknut (60).



20. Wrap the High Cable (48) around a 90mm Pulley (50) in the direction shown. Attach the Pulley and two Pulley Covers (28) inside the welded bracket under the Top Frame (6) with an M10 x 50mm Bolt (54) and an M10 Nylon Locknut (60).

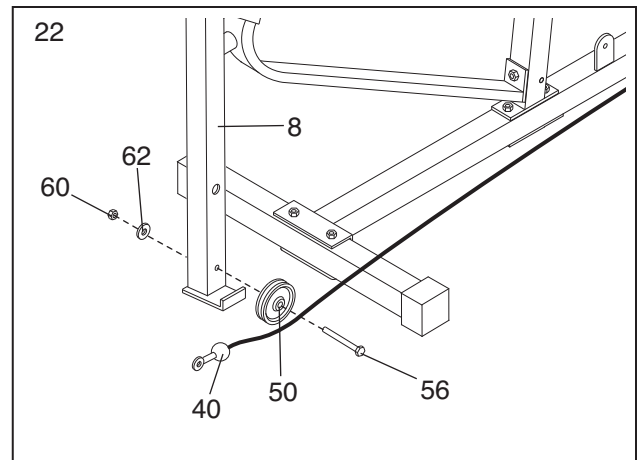


21. Attach the loop on the end of the High Cable (48) inside the Adjustment Tube (14) with an M8 x 35mm Bolt (68) and an M8 Nylon Locknut (70).

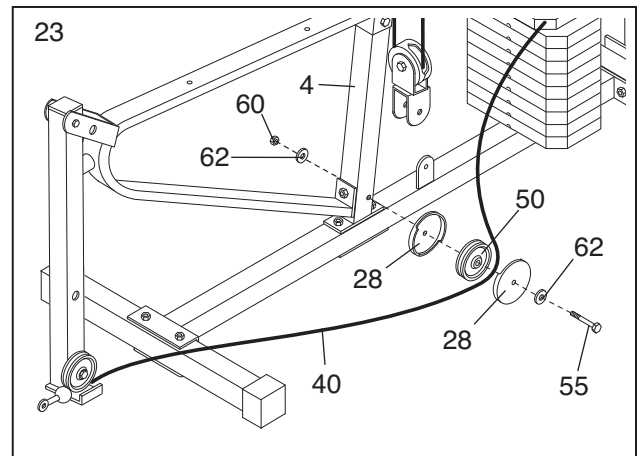


22. Identify the Low Cable (40), which is the only remaining Cable. Note that there is a loop on one end of the cable and a ball on the other.

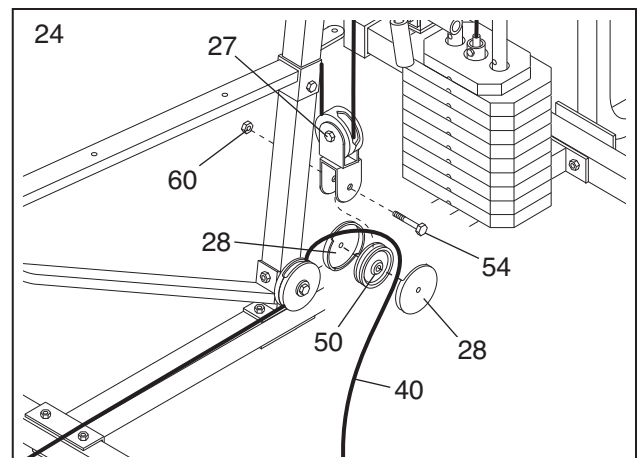
Route the end of the Low Cable (40) with the ball under a 90mm Pulley (50) as shown. Attach the Pulley to the indicated hole in the Leg Lever (8) with an M10 x 80mm Bolt (56), an M10 Flat Washer (62), and an M10 Nylon Locknut (60). **Make sure that the Cable is between the Pulley and the bracket on the Leg Lever.**



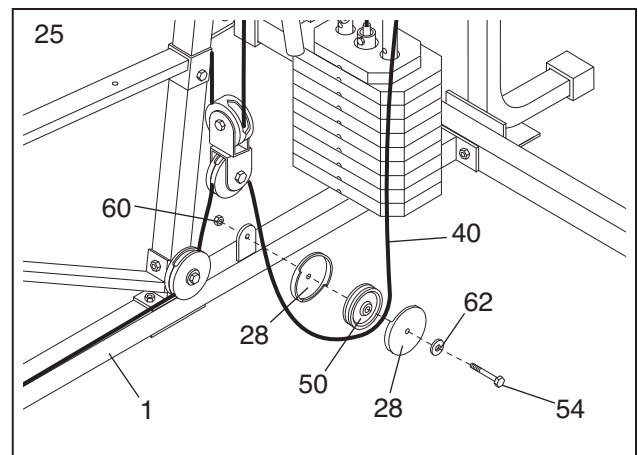
23. Wrap the Low Cable (40) around a 90mm Pulley (50) in the direction shown. Attach the Pulley and two Pulley Covers (28) to the indicated hole in the Front Upright (4) with an M10 x 95mm Bolt (55), two M10 Flat Washers (62), and an M10 Nylon Locknut (60).



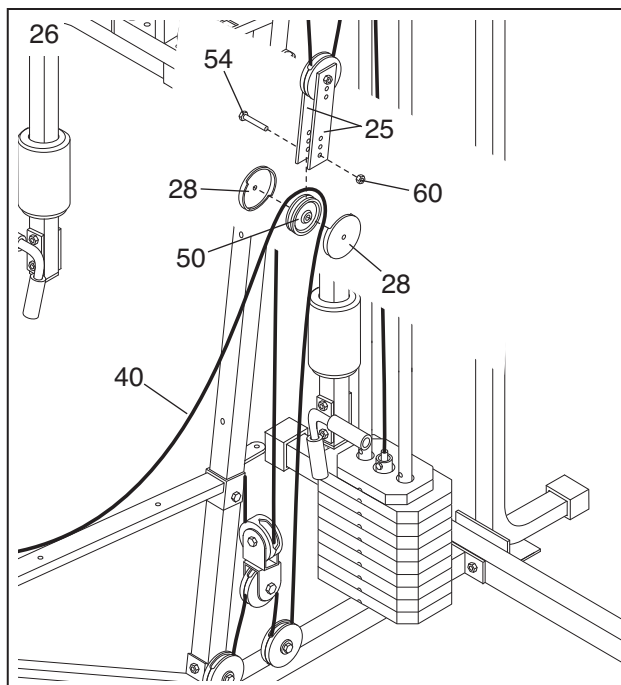
24. Wrap the Low Cable (40) around a 90mm Pulley (50) in the direction shown. Attach the Pulley and two Pulley Covers (28) to the lower half of the Pulley Frame (27) with an M10 x 50mm Bolt (54) and an M10 Nylon Locknut (60).



25. Wrap the Low Cable (40) around a 90mm Pulley (50) in the direction shown. Attach the Pulley and two Pulley Covers (28) to the indicated bracket on the Base (1) with an M10 x 50mm Bolt (54), an M10 Flat Washer (62), and an M10 Nylon Locknut (60).



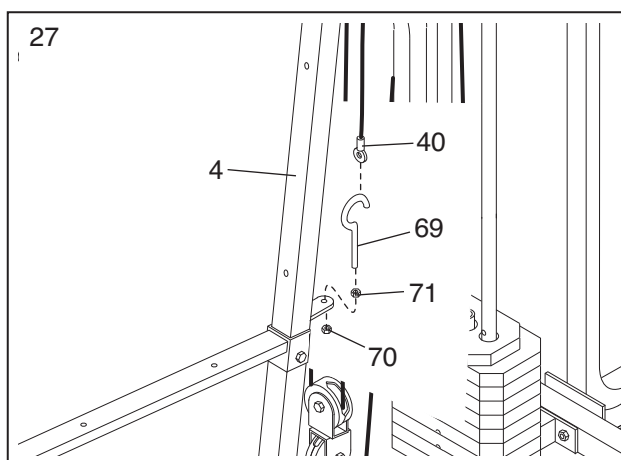
26. Wrap the Low Cable (40) around a 90mm Pulley (50) in the direction shown. Attach the Pulley and two Pulley Covers (28) to the lowest holes in the Pulley Plates (25) with an M10 x 50mm Bolt (54) and an M10 Nylon Locknut (60).



27. Thread an M8 Plain Nut (71) halfway onto the M8 x 75mm Eyebolt (69). Slide the loop on the end of the Low Cable (40) onto the Eyebolt.

Attach the M8 x 75mm Eyebolt (69) to the indicated bracket on the Front Upright (4) with an M8 Nylon Locknut (70).

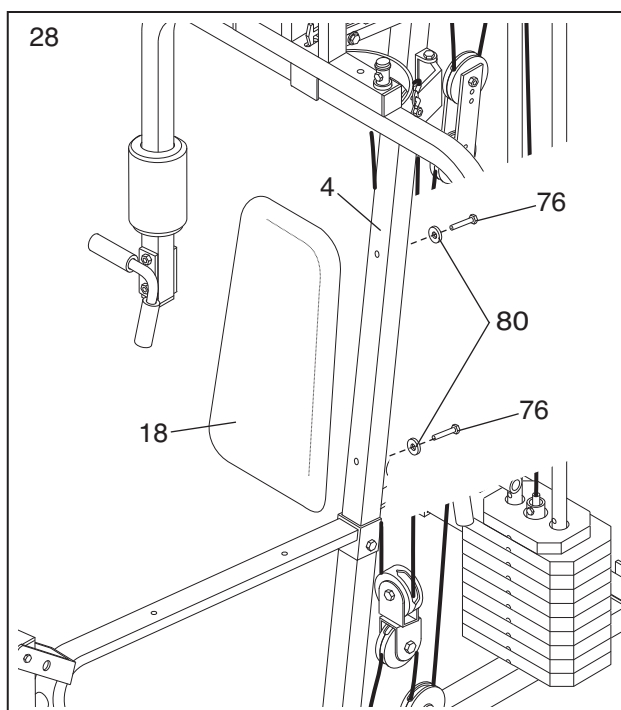
Make sure that the three cables are in the grooves of all pulleys and that the cables and the pulleys move smoothly.



Miscellaneous Assembly

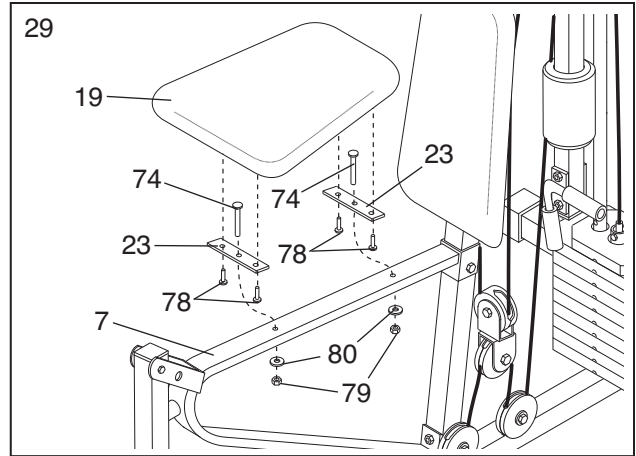
28. Open the parts bag labelled “SEAT ASSEMBLY.”

Attach the Backrest (18) to the Front Upright (4) with two M6 x 65mm Screws (76) and two M6 Flat Washers (80).



29. Insert an M6 x 38mm Carriage Bolt (74) into the centre hole in each Seat Plate (23). Attach each Seat Plate to the Seat (19) with two M6 x 15mm Screws (78).

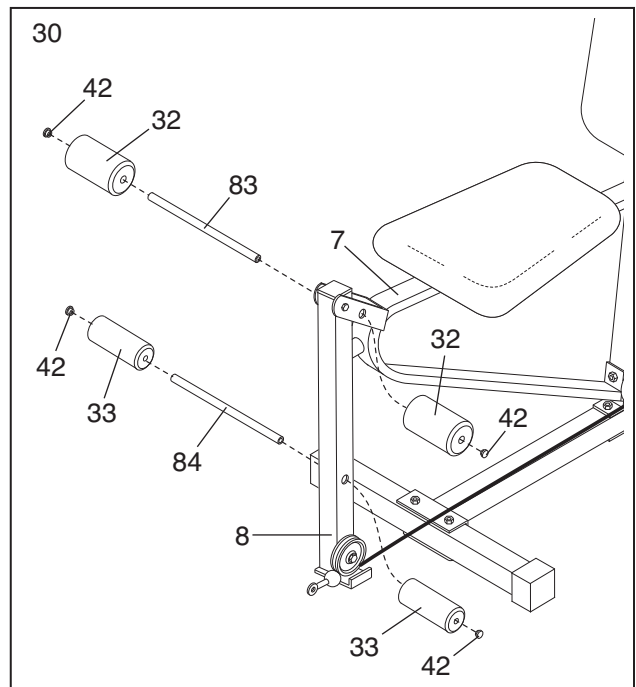
Turn the Seat (19) so the wide end is in the position shown. Insert the two M6 x 38mm Carriage Bolts (74) into the indicated holes in the Seat Frame (7). Secure the Carriage Bolts with two M6 Flat Washers (80) and two M6 Nylon Locknuts (79).



30. Press a 19mm Round Inner Cap (42) into each end of the Long Pad Tube (83) and the Short Pad Tube (84).

Slide the Long Pad Tube (83) into the holes in the bracket on the Seat Frame (7). Slide a Large Foam Pad (32) onto each end of the Long Pad Tube.

Slide the Short Pad Tube (84) into the hole in the Leg Lever (8). Slide a Narrow Foam Pad (33) onto each end of the Short Pad Tube.

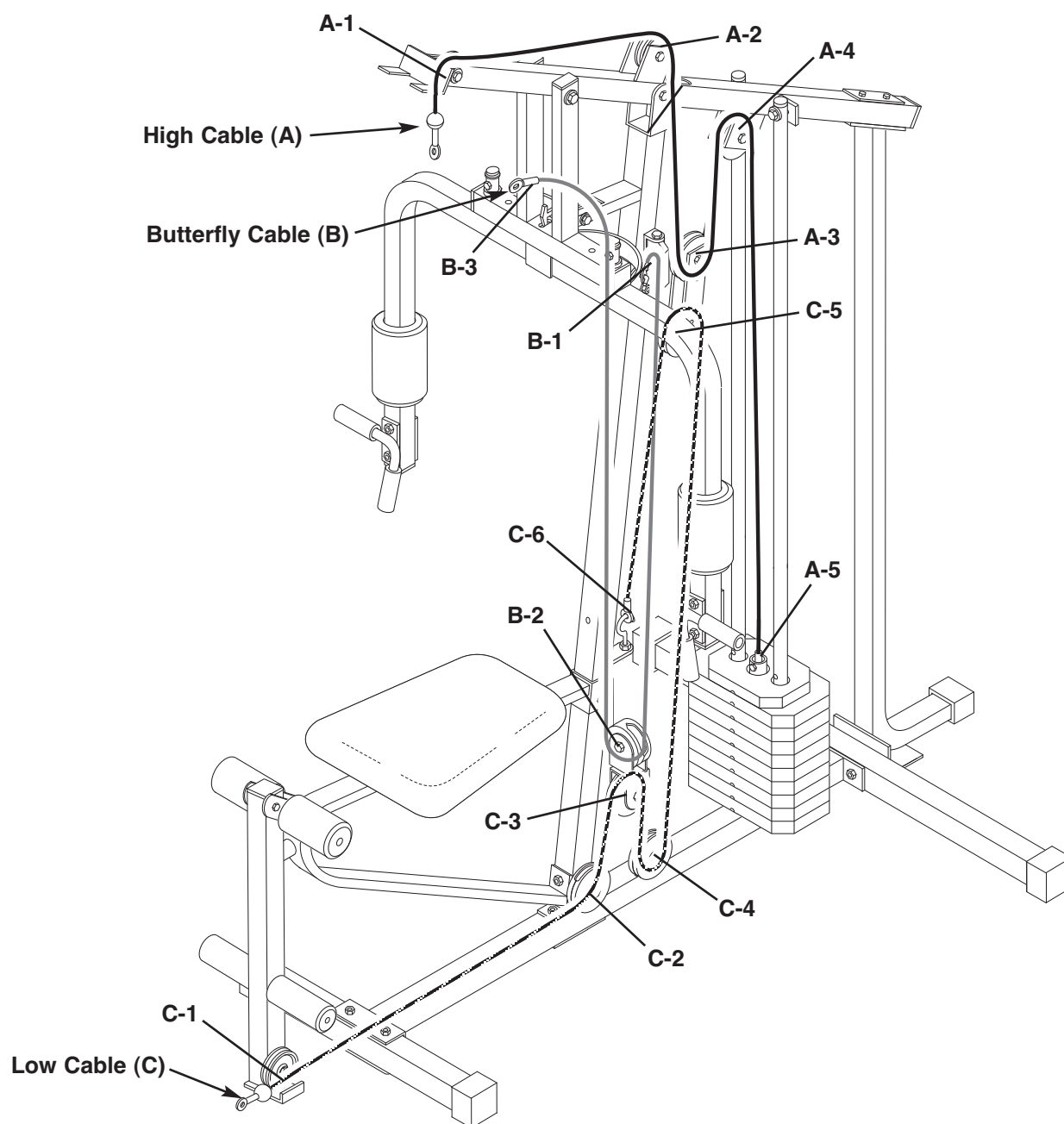


31. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 17 of this manual.

Before using the training system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See MAINTENANCE AND TROUBLE-SHOOTING on page 19.**

Cable Diagram

The cable diagram below shows the proper routing of the High Cable (48), the Butterfly Cable (47), and the Low Cable (40). The numbers show the correct route for each Cable. **Make sure that the Cables are routed correctly, that the pulleys move smoothly, and that the pulley covers do not touch or bind the Cables.** Incorrect cable routing can damage the training system.



Cable ID Chart

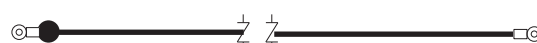
High Cable (48)—236cm



Butterfly Cable (47)—271cm



Low Cable (40)—298cm



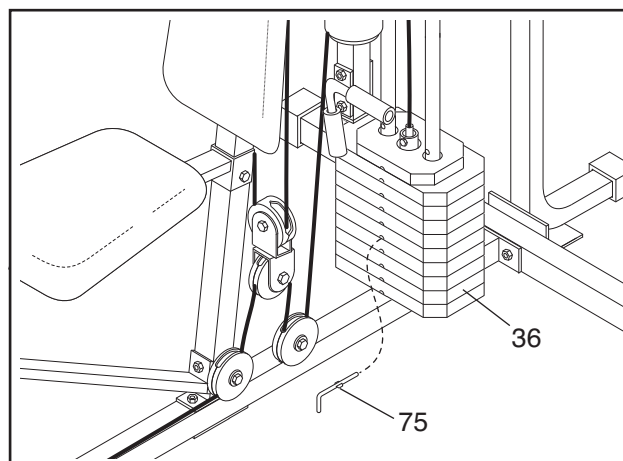
Adjustment

The instructions below describe how each part of the training system can be adjusted. Refer to the exercise guide accompanying this manual to see how the training system should be set up for each exercise. **IMPORTANT: When attaching the lat bar, row bar, ankle strap, or handle, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

Changing the Weight Setting

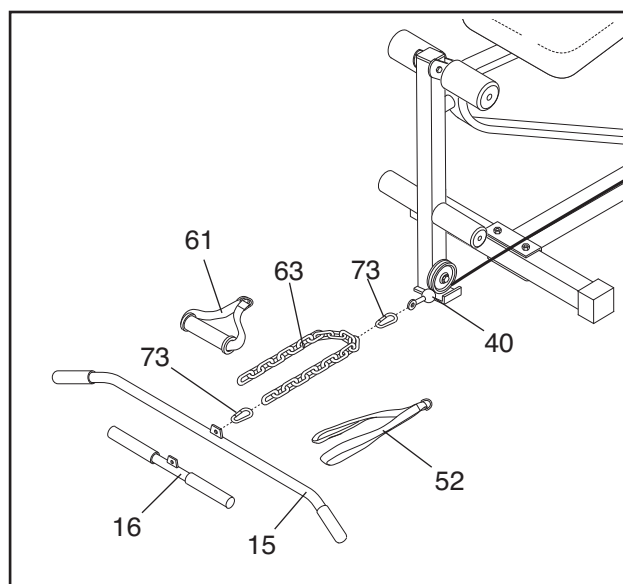
To change the setting of the weight stack, insert the Weight Pin (75) under the desired Weight Plate (36). Be sure to insert the Weight Pin fully. The setting of the weight stack can be changed from 6 pounds to 118.5 pounds, in increments of 12.5 pounds. **Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Refer to the WEIGHT RESISTANCE CHART on page 18 to find the approximate amount of resistance at each weight station.**

Note: 1 kg = 2,2 lbs



Attaching the Lat Bar, Row Bar, Ankle Strap, or Handle to the High Pulley Station or the Low Pulley Station

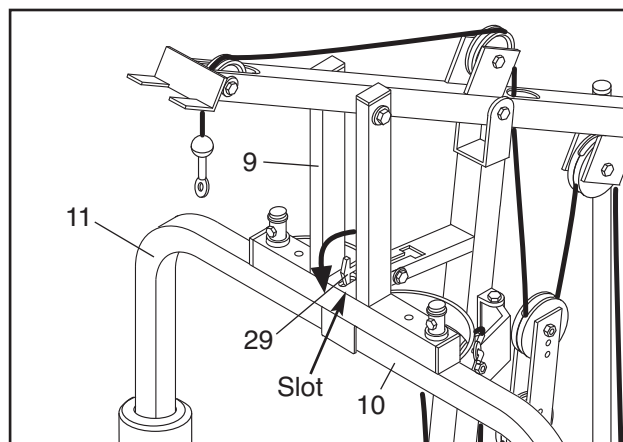
The Lat Bar (15), Row Bar (16), Ankle Strap (52), or Handle (61) can be attached to the High Cable (48, not shown) or the Low Cable (40) with a Cable Clip (73). For some exercises, the Chain (63) should be connected between the attachment and the Cable with two Cable Clips. **Adjust the length of the Chain between the attachment and the Cable so that the attachment is in the correct starting position for the exercise to be performed.**



⚠ WARNING: Always disconnect the lat bar or row bar from the training system when performing an exercise that does not use these attachments.

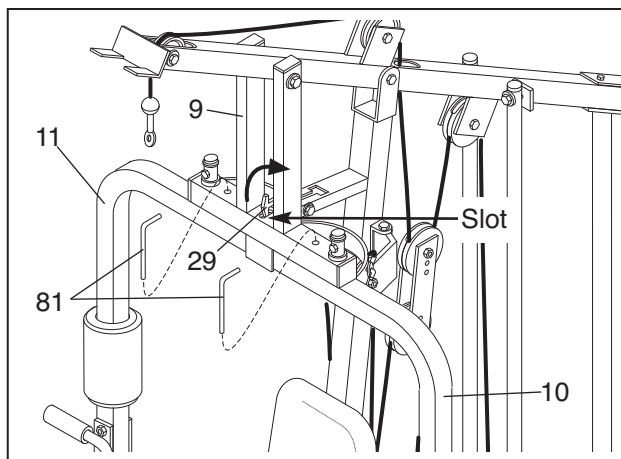
Setting Up the Training System for Butterfly Exercises

To use the Arms (10, 11) for butterfly exercises, pivot the Locking Plate (29) down into the slot in the Butterfly/Press Frame (9). This will allow the Arms to pivot forward but will prevent the Butterfly/Press Frame from moving.



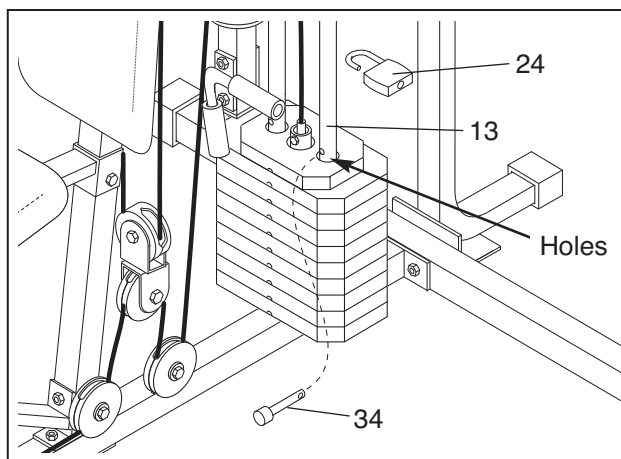
Setting Up the Training System for Press Exercises

To use the Arms (10, 11) for press exercises, first lift the Locking Plate (29) until it disengages the slot in the Butterfly/Press Frame (9). Insert the Butterfly Locking Pins (81) into the indicated holes in the Butterfly/Press Frame (9) and down into the Arms. This will allow the Butterfly/Press Frame and the Arms to swing forward together.



Locking the Weight Stack

To prevent unauthorised use of the training system, insert the Locking Bar (34) into the indicated hole in one of the Weight Guides (13) and secure the Locking Bar with the Lock (24).



Weight Resistance Chart

The chart at the right shows the approximate weight resistance at each weight station. “Top” refers to the 6-lb. top weight; the other numbers refer to the 12.5-lb. weight plates. **Note: The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.**

Note: 1 kg = 2,2 lbs

Weight Plates	Press Arm (lbs.)	High Pulley (lbs.)	Butterfly Arm (lbs.)	Leg Lever/ Low Pulley (lbs.)
Top	19	16	25	20
1	31	29	44	34
2	43	43	63	48
3	55	57	82	62
4	68	71	101	76
5	80	85	120	90
6	92	99	139	104
7	105	113	158	118
8	117	127	177	132
9	129	141	196	146

Maintenance and Trouble-shooting

Inspect and tighten all parts each time you use the training system. Replace any worn parts immediately. The training system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

Tightening the Cables

Woven cable, the type of cable used on the training system, can stretch slightly when it is first used. If there is any slack in the cables before resistance is felt, the cables should be tightened.

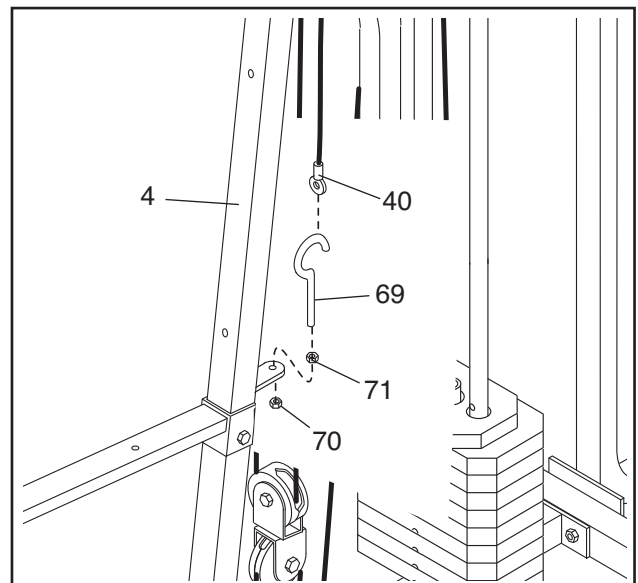
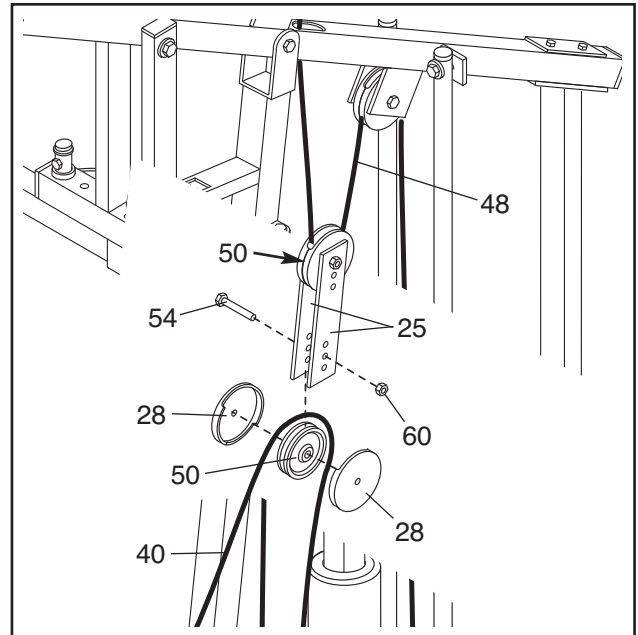
Slack can be removed by moving one or both of the Pulleys (50) attached to the Pulley Plates (25) to different holes in the Pulley Plates. To do this, remove the M10 x 50mm Bolt (54) and the M10 Nylon Locknut (60). Move the Pulley and the Pulley Covers (28) one hole up or down and re-attach them with the Bolt and Nylon Locknut. **Make sure that the Low Cable (40) or the High Cable (48) is in the groove of the Pulley.**

After moving one of the Pulleys (50) one hole up or down, test the training system to see if the cables are tight. If the cables are still loose, move the second Pulley one hole. Repeat this process until the cables are tight.

Additional slack can be removed by adjusting the M8 x 75mm Eyebolt (69) to which the Low Cable (40) is attached. To do this, loosen the M8 Nylon Locknut (70) without removing it. Then, tighten the M8 Plain Nut (70) further onto the Eyebolt. Finally, retighten the M8 Nylon Locknut.

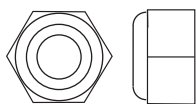
Note: If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.

If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

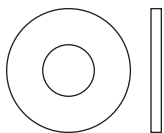


Part Identification Chart—WEEMSY70080

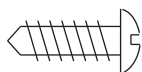
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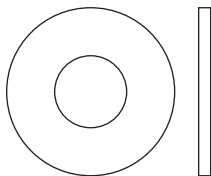
M6 Nylon Locknut (79)—4



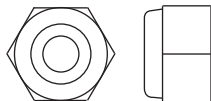
M6 Flat Washer (80)—4



ST5 x 15mm Screw (82)—1



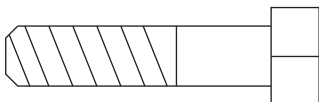
M8 Flat Washer (72)—3



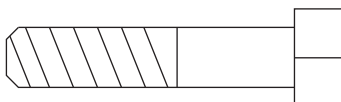
M8 Nylon Locknut (70)—18



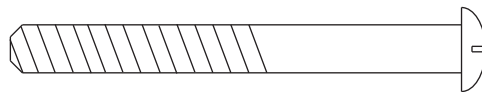
M8 Plain Nut (71)—1



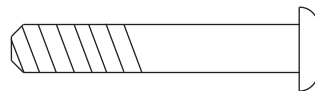
M8 x 35mm Bolt (68)—1



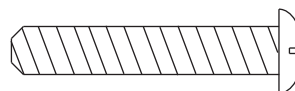
M8 x 38mm Bolt (67)—2



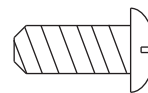
M6 x 65mm Screw (76)—2



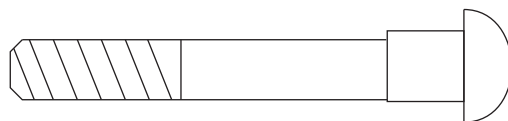
M6 x 38mm Carriage Bolt (74)—2



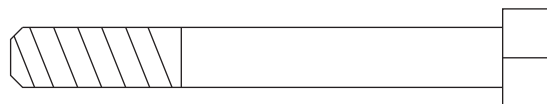
M6 x 35mm Screw (77)—2



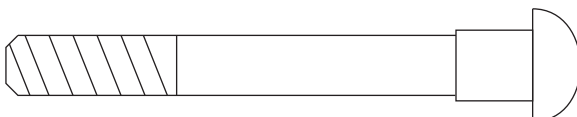
M6 x 15mm Screw (78)—4



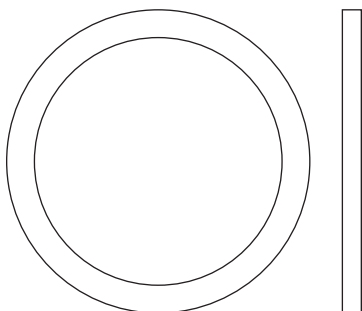
M8 x 60mm Carriage Bolt (65)—4



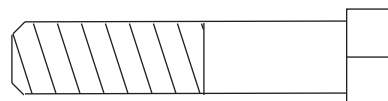
M8 x 65mm Bolt (66)—2



M8 x 70mm Carriage Bolt (64)—8



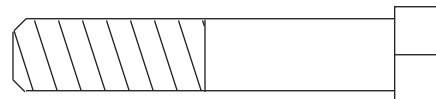
25mm Washer (85)–2



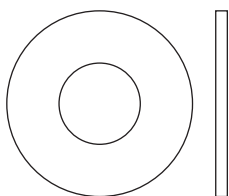
M10 x 45mm Bolt (59)–1



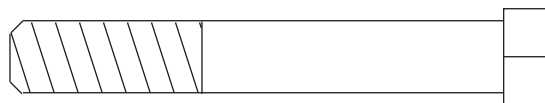
M10 Nylon Locknut (60)–18



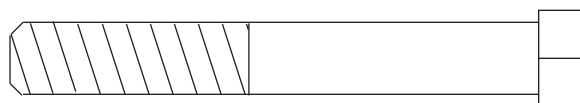
M10 x 50mm Bolt (54)–8



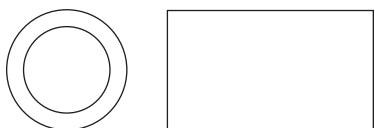
M10 Flat Washer (62)–12



M10 x 65mm Bolt (58)–2



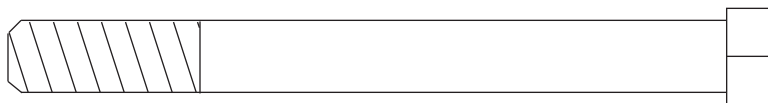
M10 x 70mm Bolt (57)–2



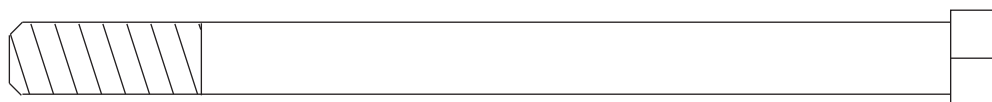
Long Metal Spacer (49)–2



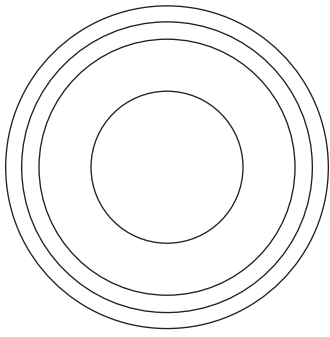
M10 x 80mm Bolt (56)–3



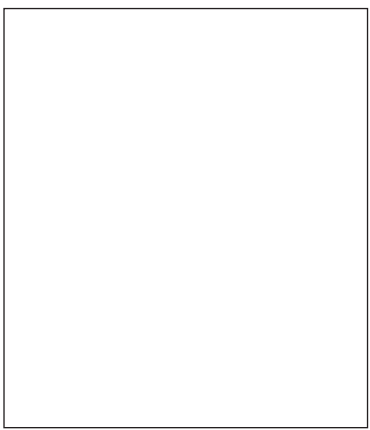
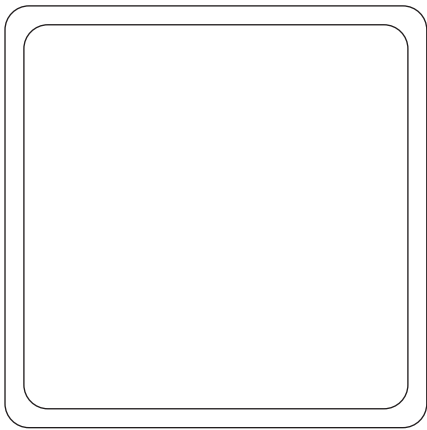
M10 x 95mm Bolt (55)–1



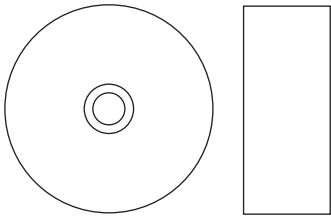
M10 x 125mm Bolt (51)–1



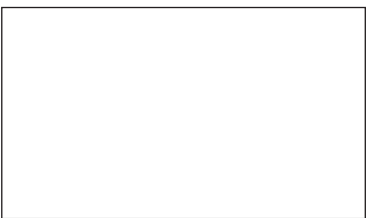
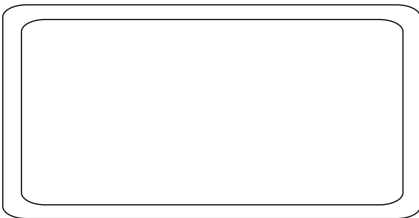
Weight Bumper (44)–2



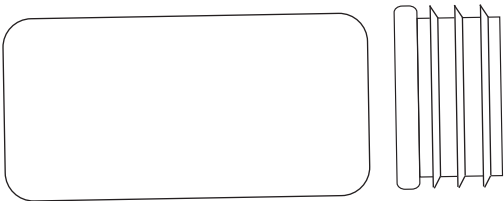
50mm Square Cover Cap (35)–4



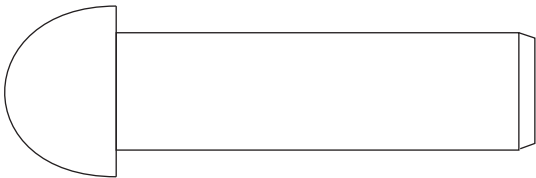
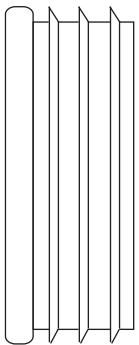
Bumper (45)–1



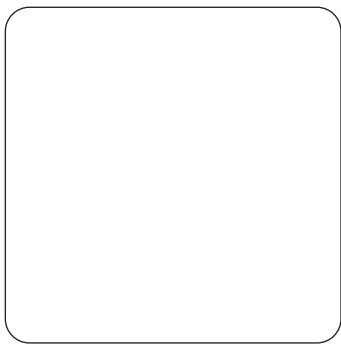
25mm x 50mm Cover Cap (53)–1



25mm x 50mm Inner Cap (39)–3



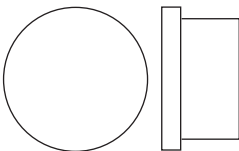
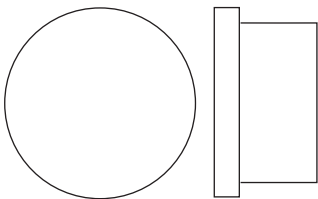
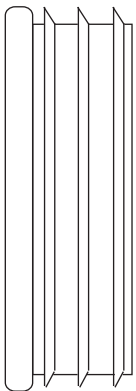
Adjustment Tube Cap (43)–1



45mm Square Inner Cap (38)–5



2 3/4" Plastic Sleeve (46)–2



50mm Square Inner Cap (37)–3

25mm Round Inner Cap (41)–14 19mm Round Inner Cap (42)–4

Part List—Model No. WEEMSY70080

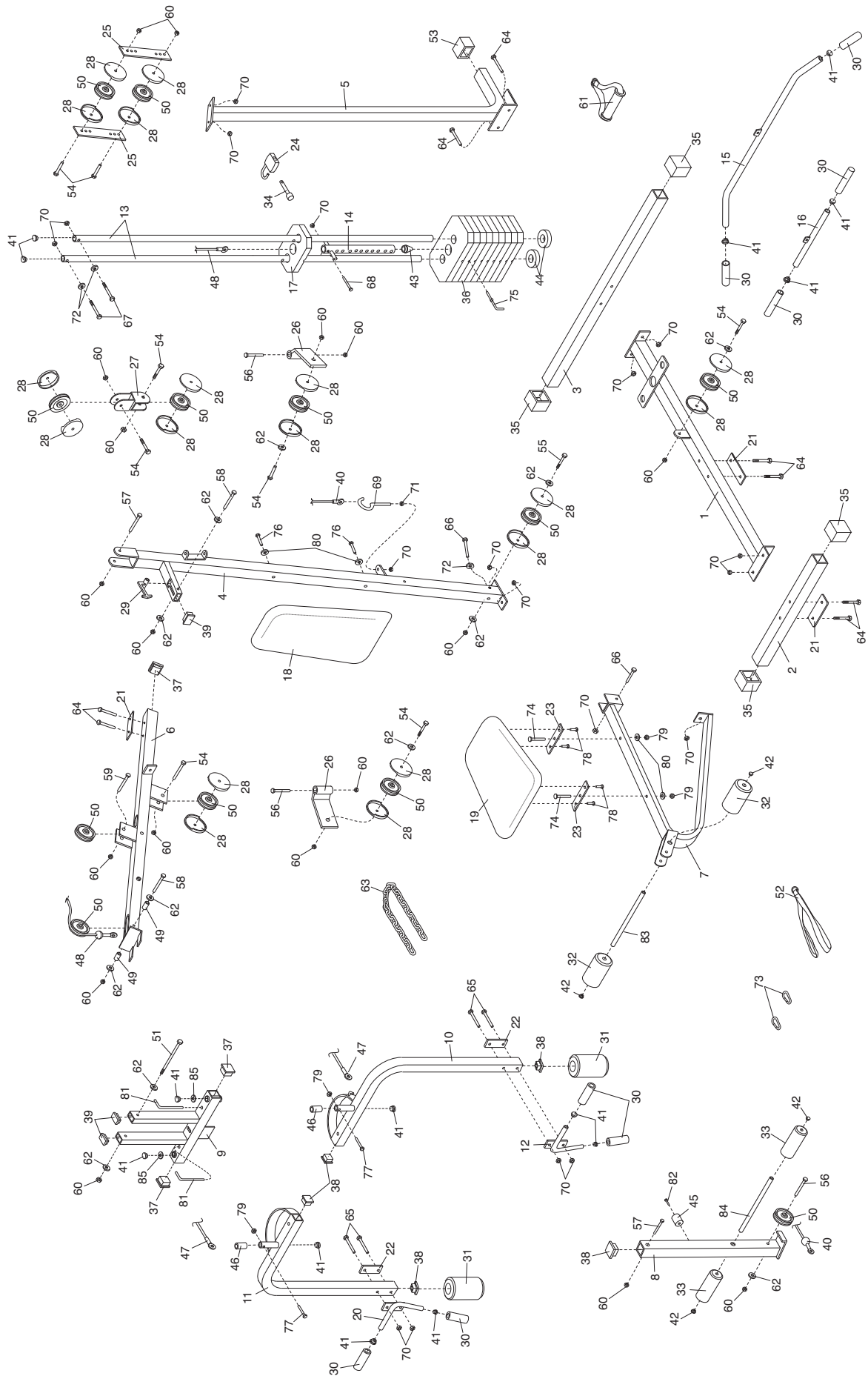
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	45	1	Bumper
2	1	Front Stabiliser	46	2	2 3/4" Plastic Sleeve
3	1	Rear Stabiliser	47	1	Butterfly Cable
4	1	Front Upright	48	1	High Cable
5	1	Rear Upright	49	2	Long Metal Spacer
6	1	Top Frame	50	12	90mm Pulley
7	1	Seat Frame	51	1	M10 x 125mm Bolt
8	1	Leg Lever	52	1	Ankle Strap
9	1	Butterfly/Press Frame	53	1	25mm x 50mm Cover Cap
10	1	Left Arm	54	8	M10 x 50mm Bolt
11	1	Right Arm	55	1	M10 x 95mm Bolt
12	1	Left Press Handle	56	3	M10 x 80mm Bolt
13	2	Weight Guide	57	2	M10 x 70mm Bolt
14	1	Adjustment Tube	58	2	M10 x 65mm Bolt
15	1	Lat Bar	59	1	M10 x 45mm Bolt
16	1	Row Bar	60	18	M10 Nylon Locknut
17	1	Top Weight	61	1	Handle
18	1	Backrest	62	12	M10 Flat Washer
19	1	Seat	63	1	Chain
20	1	Right Press Handle	64	8	M8 x 70mm Carriage Bolt
21	3	50mm x 102mm Support Plate	65	4	M8 x 60mm Carriage Bolt
22	2	38mm x 102mm Support Plate	66	2	M8 x 65mm Bolt
23	2	Seat Plate	67	2	M8 x 38mm Bolt
24	1	Lock	68	1	M8 x 35mm Bolt
25	2	Pulley Plate	69	1	M8 x 75mm Eyebolt
26	2	Butterfly Pulley Bracket	70	18	M8 Nylon Locknut
27	1	Pulley Frame	71	1	M8 Plain Nut
28	18	Pulley Cover	72	3	M8 Flat Washer
29	1	Locking Plate	73	2	Cable Clip
30	8	130mm Handgrip	74	2	M6 x 38mm Carriage Bolt
31	2	Short Foam Pad	75	1	Weight Pin
32	2	Large Foam Pad	76	2	M6 x 65mm Screw
33	2	Narrow Foam Pad	77	2	M6 x 35mm Screw
34	1	Locking Bar	78	4	M6 x 15mm Screw
35	4	50mm Square Cover Cap	79	4	M6 Nylon Locknut
36	9	Weight Plate	80	4	M6 Flat Washer
37	3	50mm Square Inner Cap	81	2	Butterfly Locking Pin
38	5	45mm Square Inner Cap	82	1	ST5 x 15mm Screw
39	3	25mm x 50mm Inner Cap	83	1	Long Pad Tube
40	1	Low Cable	84	1	Short Pad Tube
41	14	25mm Round Inner Cap	85	2	25mm Washer
42	4	19mm Round Inner Cap	#	1	User's Manual
43	1	Adjustment Tube Cap			
44	2	Weight Bumper			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice.

Exploded Drawing—Model No. WEEMSY70080

R0601A



How to Order Replacement Parts

To order replacement parts, contact the ICON Fitness Lifestyle Ltd. office, or write:

ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds LS11 8JG
UK

Tel:

08457-089009

Fax: 0113-2411120

When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER of the product (WEEMSY70080)
- The NAME of the product (WEIDER® X2 training system)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING attached in the centre of this manual).